



www.myhealth.va.gov

- Order prescription refills online with ease and convenience
- Check the status of your refills anytime
- View and track your entire prescription history online

The Veteran's Personal Health Record

My Health<u>e</u>Vet

Log on to <u>www.myhealth.va.gov</u> to start or access your personal health journal and see the other valuable tools the site provides. Use the "register button" to set up an account.

In addition to checking and refilling prescriptions online:

- Search trusted sources of health education information (VA, other government, and consumer)
- Set up a personal health record by recording personal health information such as demographics, military health history, medical events, tests, immunizations, allergies, and all over-the-counter medications, herbals and supplements.
- Use Health *e*Logs to record and track health readings, such as blood pressure, blood sugar, cholesterol, heart rate, pulse oximetry, body temperature, weight, pain, activity journal, and food journal.

Since November 2003, My Healthe Vet has helped veterans work with health care providers to achieve the best possible health.